



Check. Change. *Control.*®

Self-Monitoring Blood Pressure Control



Check.
Change.
Control.®

Check. Change. *Control.*®

- High blood pressure management program that utilizes an online tracker to empower patients to take ownership of their cardiovascular health.
- Self-monitoring blood pressure stations will be conveniently located at your work site to encourage you to regularly check your blood pressure.
- 4 month program to help you track, report and lower your blood pressure levels.



Check. Change. *Control.*®



Developed to support hypertension management among the adult population, **Check. Change. *Control.*®** engages participants, emphasizing 3 important aspects of managing hypertension:

- 1. *Checking*** for high blood pressure and symptoms;
- 2. *Changing*** lifestyle and seeking treatment;
- 3. *Controlling*** hypertension by taking preventative measures.




How To Sign Up: STEP 1

Visit:

<https://www.research.net/r/CCCCABQ>

Fill out your information and designate if you are a CABQ or Water Authority employee, spouse or domestic partner.



CCC Registration Part 1

Please complete the following form.

1. First Name:

2. Last Name:

3. Phone number:

4. Email:

5. Re-type email:

6. Are you a City of Albuquerque or Water Authority employee, spouse, or domestic partner?

☐ I am a CABQ employee

☐ I am a WUA employee

☐ I am the spouse or domestic partner of a CABQ employee

☐ I am the spouse or domestic partner of a Water Authority employee

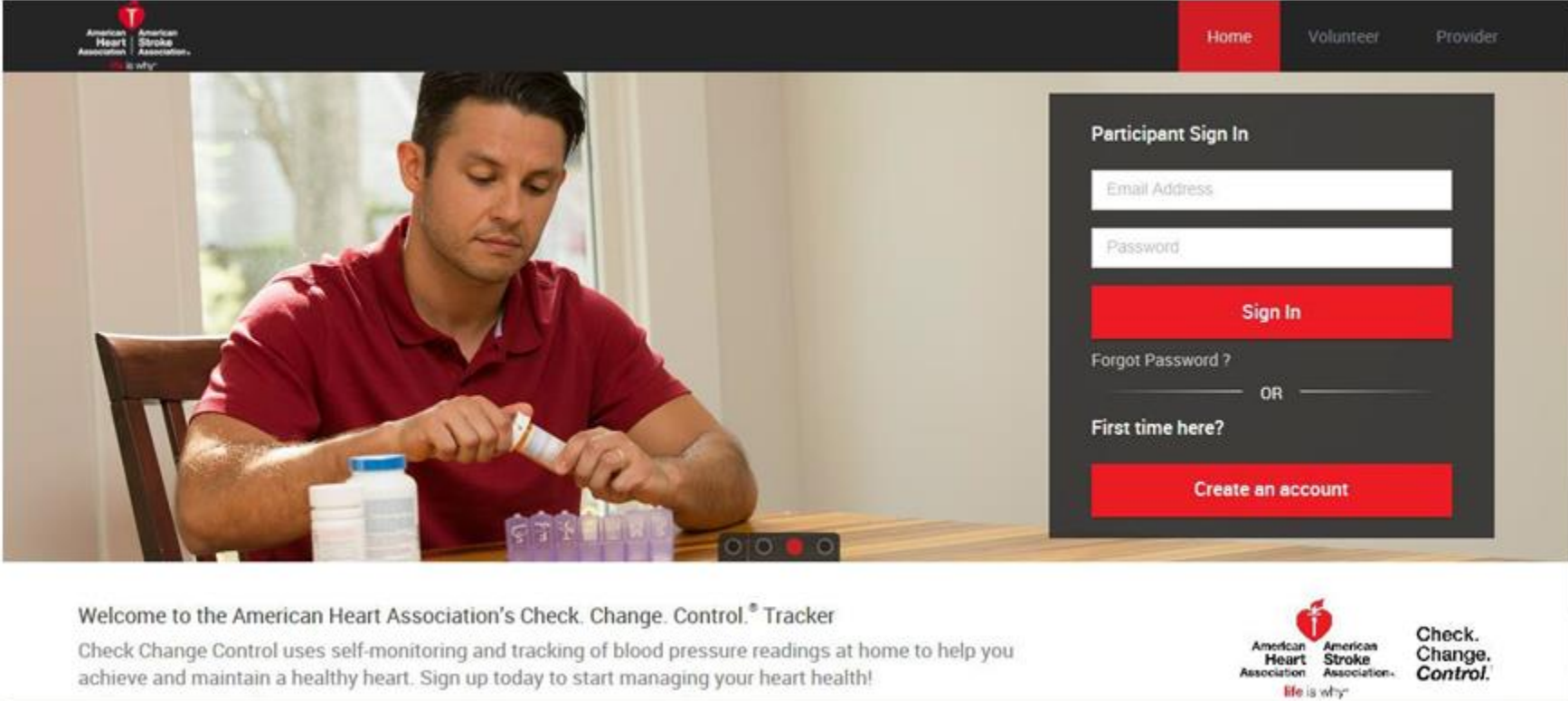
☐ Other (please specify)

Next

How To Sign Up: STEP 2

You will then be directed to the CCC Tracker at www.heart.org/ccc

Register using Campaign Code:
CABQ: **003**
Water Authority: **004**



The screenshot shows the American Heart Association's Check. Change. Control. Tracker website. The header includes the American Heart Association logo and navigation links for Home, Volunteer, and Provider. The main content area features a background image of a man in a red shirt sitting at a table, measuring pills into a pill organizer. Overlaid on the right is a 'Participant Sign In' form with fields for Email Address and Password, a red 'Sign In' button, a 'Forgot Password?' link, an 'OR' separator, a 'First time here?' link, and a red 'Create an account' button. Below the image, a welcome message reads: 'Welcome to the American Heart Association's Check. Change. Control.® Tracker. Check Change Control uses self-monitoring and tracking of blood pressure readings at home to help you achieve and maintain a healthy heart. Sign up today to start managing your heart health!'. The footer contains the American Heart Association and American Stroke Association logos, the slogan 'life is why™', and the 'Check. Change. Control.®' logo.

Participant Sign In

Email Address

Password

Sign In

Forgot Password ?

OR

First time here?

Create an account

Welcome to the American Heart Association's Check. Change. Control.® Tracker

Check Change Control uses self-monitoring and tracking of blood pressure readings at home to help you achieve and maintain a healthy heart. Sign up today to start managing your heart health!

American Heart Association American Stroke Association life is why™ Check. Change. Control.®

How To Sign Up: STEP 2 Continued

Signing up as a participant is simple:

- Enter a username and password.
- Enter your name, birth year, gender, mobile number, ethnicity, zip code, state and city
- Enter your Campaign Code:
 - 003 for CABQ

OR

- 004 for Water Authority

Check the box and click Register!

CREATE A NEW PARTICIPANT ACCOUNT

[← GO BACK](#)

UserName JaymeAnn	Email jayme.keithley@heart.org	
Numbers and letters are allowed.		
Password *****	Confirm Password *****	
6 character minimum.		
Full Name Jayme Keithley	Birth Year 1970	
Gender Female	Country C... +1	Mobile Number 7703801718
Ethnicity White	Enter Zip Code 75225	
State Texas	City Dallas	
Enter Campaign Code		
<input checked="" type="checkbox"/> By checking this box I acknowledge that I have reviewed and I agree to the terms and conditions outlined in the subscription agreement , terms of service , and privacy policy .		
Register		

CCC Tracker

Participants can set up Text (SMS), email or in-platform reminders here from the Reminders section.

American Heart Association

American Stroke Association

Check. Change. Control.®

life is why™

2

Jaymi

Dashboard

Blood Pressure

Search Volunteers And Providers

My Volunteers And Providers

Messages

Alerts

My Profile

Reminders

Resources

Help

Signout

SET UP REMINDERS


You can set up reminders through Check Change Control (CCC) Tracker alerts, emails, and texts (SMS) on the day/times you choose. Once you have activated your mobile number, you can add your BP readings to CCC Tracker by sending a text (sms) with the following format: bp systolic diastolic. Example: bp 120 80

FUNCTIONALITY	ENABLED	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
In-Platform Alerts	Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emails	Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Text (SMS)	Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/> 4 : 30 PM


SUBMIT

CLEAR ALL


Go check your Blood Pressure Reading at a Self-Monitoring Blood Pressure Station and enter your results into the Tracker




American Heart Association



American Stroke Association



Check. Change. Control.



life is why

Dashboard

Blood Pressure

Search Volunteers And Providers

My Volunteers And Providers

Messages

Alerts



My Profile

Reminders

Resources

Help

Signout



ADD A BLOOD PRESSURE READING

Systolic or top number (mmHg)

Diastolic or bottom number (mmHg)

Numbers Only.

Numbers Only.

Heart Rate

Irregular heartbeat detected

Date

Time

2016-12-21

10:03 AM

This field is required.

This field is required.

Reading Source

Home

This field is required.

Comment

Save

Weekly Blood Pressure Report Readings*

150

125

100

75

50

25

0

14 Dec

15 Dec

16 Dec

17 Dec

18 Dec

19 Dec

20 Dec

21 Dec

SYSTOLIC

DIASTOLIC


SYSTOLIC HYPERTENSION

DIASTOLIC HYPERTENSION

*Note : each reading represents the average of the total number of readings done in that day.

American Heart Association

American Stroke Association



Check. Change. Control.

Questions?

